

SIPPICAN SOUNDINGS

News from the Marion Council on Aging

MAY 2018

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational, and cultural programs and activities.

Marion Council on Aging

465 Mill Street

Marion, MA 02738

Office: 508-748-3570

www.facebook.com/marioncoa

www.marionma.gov/coa

COA Office Hours: Monday—Friday 9:00 a.m.—3:00 p.m.

Karen Gregory, Director; kgregory@marionma.gov

Linda Aguiar, Outreach Coordinator; laguiar@marionma.gov

The Monday Lecture Series

Monday, May 7th, 12:30 p.m.

Gardening is a Mystery. Neal Sanders returns with a follow up to Gardening is Murder. This presentation mines the rich vein of gardening as a source of humor. Neal will cover such revelations as 'rock walls grow to consume all available building material'. He also provides reasons why you should never hesitate to pay a delivery charge for trees or 'enable' a gardener; why gardeners tell themselves 'little white lies', and ponder the question of where plant tags go in the winter.

Monday, May 14th, 12:30 p.m.

Senior Medicare Patrol - Protect Yourself From Medicare Fraud! Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet Lucilia Prates, the director of Massachusetts Senior Medicare Patrol and participate in a discussion on how to prevent, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This workshop will provide you with the tools to become a more informed and engaged health care consumer. Pre-registration for this program is a MUST, please call 508-748-3570 to reserve your spot.

Monday, May 21st, 12:30 p.m.

End of Life Discussions. Community Nurse Home Care, along with Christine Rider, MSW, will be presenting a discussion on end of life issues which will include 5 Wishes, Advanced Directives, Health Care Proxy, MOLST (medical orders for life sustaining treatment) and DNR. End of Life Discussions are one of the most important conversations. Planning ahead how you want to live out your remaining time can be overwhelming, and we want to make this sensitive topic easier.

Memorial Day Barbecue

Tuesday, May 22nd 11:30 a.m.

Celebrate Memorial Day by joining us for the unofficial start of Summer.

Enjoy grilled hamburgers & hot dogs, pasta salad and chips.

Tickets go on sale beginning May 1st, the cost is \$3.00 and can be purchased at the reception desk of the Marion Council on Aging.





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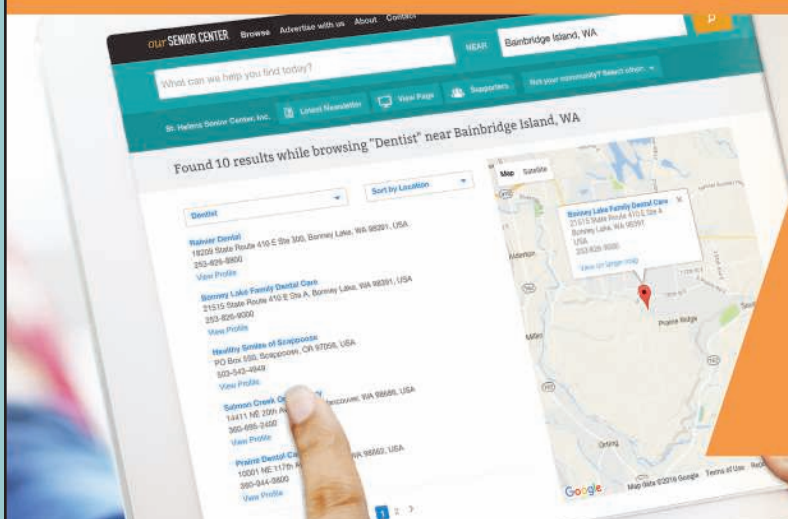
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DUPLICATE BRIDGE

For the intermediate player, every Thursday, 1:00 p.m. - 4:00 p.m. \$3.00 a week. Limited to the first twenty to register. Call the Council on Aging to register 508-748-3570.

SHINE

Health Insurance Counseling

The SHINE Program (Serving the Health Information Needs of Everyone) provides free health insurance information counseling and assistance to all Massachusetts residents with Medicare. In Marion, we are fortunate to have Asha Wallace serve as our SHINE volunteer. On Tuesdays from 9:00 a.m. - 11:00 a.m. Asha will be on hand at the Community Center to assist with any questions you may have.

CD LENDING LIBRARY

We have a large collection of musical compact discs that are available for your listening pleasure. They are located in the conference room, with the DVD and jigsaw puzzle lending library.

SIPPICAN HISTORICAL SOCIETY'S CLASSIC MOVIE SERIES

May 11th - The Last Picture Show
Movies begin at 7:00 p.m. and are shown at the Music Hall.

PITCH LEAGUE

Tuesdays at 12:30 p.m. Call ahead to register 508-748-3570.
Brush up on your High, Low, Game & Jack.

FRIENDSHIP DINNERS

St. Gabe's Episcopal Church of Marion, 124 Front Street offers a Friendship Dinner on the 1st Thursday of each month at 5:00 p.m. On the 3rd Thursday of each month The First Congregational Church of Marion also offers a Friendship Dinner at the Community Center, 144 Front Street, Marion. All are welcome to this free will offering.

50+ JOB SEEKERS NETWORKING GROUP

If you are unemployed and actively looking, seeking a new career direction, recently retired and looking for your "Encore Career" and in the 50+ demographic, this is the program for you. Facilitated by an Experienced Career Coach you will learn many tools and strategies needed for a successful job search. Meetings are held the 1st Thursday of the month at the Marion COA, call 508-748-3570 for more information.

BLADDER LEAKAGE PROTECTION

We have been fortunate to be the recipient of a large donation of poise pads and heavy absorbency unisex underwear in size large. If you have a need for such an item, please call 508-748-3570 or stop by the COA office and speak to a staff member.

MY SENIOR CENTER SCAN SYSTEM

Have you signed up for your scan card yet? Stop by the reception desk to sign up, then scan in every time you come to the COA, whether it is for lunch, to attend one of our many events, or any other reason. We utilize the data that is collected in applying for grants. Each month we will be giving a PRIZE for the senior who has scanned in for the most events that month. The winner for the month of March is Georgia Thompson with a total of 23 events that she scanned in for.

PODIATRY CLINIC

Dr. Harry Shoemaker, D.P.M. provides podiatry services at the Community Center. Please call 508-748-3570 to schedule your appointment. The next date Dr. Shoemaker will be in is on June 4th.

FEEL BETTER & LIVE BETTER WITH MY LIFE, MY HEALTH

Are you living with a chronic condition like Heart Disease, COPD, Diabetes, High Blood Pressure, Asthma, Arthritis, Kidney Disease, Depression or others? My Life, My Health can help you feel and live better.

My Life, My Health is a six-week Evidence-Based Program which has helped thousands of people, with chronic health conditions, take control of their health and achieve a better quality of life.

Tuesdays at 9:00 a.m., beginning June 5th at the Marion Council on Aging. Pre-registration is required, please call 508-748-3570.

May 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	¹ 9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Collage Workshop Reg. Req. 11:30 a.m. Lunch 12:30 p.m. Pitch	² 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	³ 9:00 a.m. Tai Chi \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00 p.m.—3:00 p.m. 50+ Jobseekers 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	⁴ 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
⁷ 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture—Gardening is a Mystery	⁸ 8:15 a.m. Depart for New England Aquarium 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch 12:30 p.m. Pitch	⁹ 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	¹⁰ 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3 1:00 p.m.—2:00 p.m. Memory Loss Support Gr	¹¹ 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
¹⁴ 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture—Senior Medicare Patrol Pre-registration req.	¹⁵ 9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Basket Weaving Reg. Req. 11:30 a.m. Lunch 12:30 p.m. Pitch	¹⁶ 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	¹⁷ 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	¹⁸ THERE WILL BE NO ACTIVITIES HELD TODAY DUE TO VOTING
²¹ 10:00 a.m. Depart for Trader Joe's, Christmas Tree Shops, Cape Cod Mall 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture—5 Wishes	²² 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Memorial Day Cookout - Tickets req. 12:30 p.m. Pitch	²³ 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	²⁴ 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3 1:00 p.m.—2:00 p.m. Memory Loss Support Gr	²⁵ 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
²⁸ CLOSED IN OBSERVANCE OF MEMORIAL DAY HOLIDAY	²⁹ 9:00 a.m.—11:00 a.m. SHINE 9:00 a.m.—11:00 a.m. Basket Weaving Reg. Req. 11:30 a.m. Lunch 12:30 p.m. Pitch	³⁰ 9:30 a.m. Group Fitness \$35/10 weeks 10:30a.m.—12:30p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	³¹ 9:00 a.m. Tai Chi \$10 10:15 a.m. Zumba,\$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	

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DAY TRIPS

NEW ENGLAND AQUARIUM - May 8th, depart Benjamin D. Cushing Community Center at 8:15 a.m. Spend the day exploring. There are thousands of aquatic animals to visit at the aquarium, from little blue penguins to the delicate leafy seadragon to the lumbering green sea turtle and spry northern fur seals. The aquarium has just welcomed a new giant Pacific octopus named Freya. Freya is a sight to behold with her skin flashing vibrant colors. After, grab a bite to eat at the Harbor View Café. Sign ups begin April 24th, please call 508-748-3570. Cost of the trip is admission of \$18.95 and lunch on your own.

CAPE COD MALL, CHRISTMAS TREE SHOPS & TRADER JOES - May 21st, depart the Benjamin D. Cushing Community Center at 10:00 a.m. and make our first stop at the Cape Cod Mall, where you will have time to shop and grab some lunch before heading to our next destination of Christmas Tree Shops and Trader Joes. Sign ups begin on May 7th, please call 508-748-3570.

WELCOME ABOARD

We are pleased to announce the addition of Linda Aguiar to the staff of the Marion Council on Aging as our Outreach Coordinator. Linda's hours are Monday, Tuesday and Friday from 9:00 a.m. - 3:00 p.m., please stop in and introduce yourself to her.

ADOPT A WINDOW BOX

The Community Center is hosting an Adopt a Window Box contest. Upon adoption, each gardener will be in charge of planning and executing a creative garden planting.

- ◆ Open to all members of the community
- ◆ Work alone or with a group of friends
- ◆ Soil, tools and a water source will be provided
- ◆ Judging will take place mid-summer and prizes will be awarded

Twelve boxes are available and will be assigned on a lottery system. Deadline to sign up is May 31st. Sign up by calling 508-748-3570 or stopping at the front desk.



SENIOR ART EXHIBIT & SALE

Make sure you stop in the Benjamin D. Cushing Community Center to view the Senior Art Exhibit & Sale that runs through the month of May.

ARE YOU LOOKING FOR A VOLUNTEER OPPORTUNITY?

Consider joining an active group of Superhero Boomers and volunteer at Gifts To Give a few hours a week. It's a total DROP - IN and right on your doorstep in Acushnet.

Open for volunteers six days a week 9:00 a.m. -5:00 p.m. Mon., Tues., Thurs., & Fri. 9:00 a.m. - 2:00 p.m. Wed. & Sat. Everyone has a skill to share from sorting books, children's clothes/toys, displaying/restocking the Saturday Thrift Shop or volunteering behind the Thrift Shop counter to name just a few opportunities. Gifts To Give is fueled exclusively by volunteers so don't miss out on this incredible opportunity to be a GTG Superhero and to make a difference in your community. For more information or to schedule a tour, call 508-717-8715 or go to www.giftstogive.org



May 2018



Must RSVP 24 hours in advance (by 11:00a.m.)
508-748-3570.

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium	1 Hot Dog *550 Mustard 55 Relish Baked Beans 36 Cabbage & Carrots 47 HD Roll 210 Mixed Fruit 10 Total Sodium: 908 Calories: 599 Carbs: 72	2 Macaroni & Cheese 403 Tomato Florentine 121 Broccoli 12 Fruit Loaf 102 Mandarin Oranges 6 Total Sodium: 645 Calories: 625 Carbs: 77	3 Chicken Bruschetta 394 White/Brown Rice 36 Roman Vegetables 26 Multigrain Roll 190 Cinnamon Apples 4 Total Sodium: 650 Calories: 381 Carbs: 50	4 Potato Pollock 150 Tartar Sauce 261 Potato Wedges 27 Spring Vegetables 57 Oatmeal Bread 121 Lemon Pudding 200 Diet: Low-Sugar Pudding 110 Total Sodium: 815 Calories: 709 Carbs: 95
7 Turkey Stew w/ Vegetables 571 Rice 36 WW Roll 160 Fresh Orange 0 Total Sodium: 767 Calories: 433 Carbs: 63	8 Beef Stir Fry 347 Lo Mein Noodles 1 Oriental Vegetables 26 Oatmeal Roll 121 Peaches 5 Total Sodium: 500 Calories: 450 Carbs: 67	9 Chicken Vegetable Soup 162 Roast Chicken w/ Ginger Honey Glaze 462 Mashed Potato 62 Mixed Vegetables 41 WW Bread 115 Banana 1 Total Sodium: 774 Calories: 646 Carbs: 100	10 Mother's Day Special Roast Pork 71 Apple Gravy 111 Lyonnaise Potatoes 112 Tuscan Vegetables 56 Multigrain Roll 190 Strawberry Shortcake 176 Diet: Angel Food Cake 210 Total Sodium: 715 Calories: 654 Carbs: 82	11 Cheeseburger 387 Ketchup 82 Mustard 55 Roasted Potatoes 33 Tahitian Vegetables 38 WW HB Roll 230 Pears 4 Total Sodium: 829 Calories: 620 Carbs: 63
14 White Chicken Chili 121 White/Brown Rice 36 Mexicali Corn 6 Broccoli Florets 12 Fruit Loaf 113 Applesauce 14 Total Sodium: 291 Calories: 467 Carbs: 76	15 Curry Chicken 375 Chickpea Salad 340 Carrots & Turnips 29 Multigrain Bread 190 Peaches 5 Total Sodium: 939 Calories: 447 Carbs: 70	16 Sweet & Sour Meatballs 214 Confetti Rice 43 Scandinavian Vegetables 42 Oatmeal Bread 121 Mandarin Oranges 6 String Cheese 170 Total Sodium: 595 Calories: 540 Carbs: 61	17 Roast Turkey w/ Gravy 160 Cranberry Sauce (2) 16 Parsley Mash. Potato 63 Winter Squash 13 WW Roll 160 Hermit Cookie 108 Diet: Graham Wafers 85 Total Sodium: 520 Calories: 682 Carbs: 113	18 Sausage w/ Peppers & Onions 520 Pasta Alfredo 150 Sub Roll 162 Mixed Fruit 10 Total Sodium: 843 Calories: 525 Carbs: 68
21 American Chop Suey w/ Ground Italian Sausage *591 Brussels Sprouts 12 Oatmeal Roll 121 Pears 4 Total Sodium: 727 Calories: 515 Carbs: 58	22 Tossed Salad 124 Cheese Tortellini 187 w/ Primavera Sauce 346 Zucchini & Squash 3 Multigrain Roll 190 Fresh Orange 0 Total Sodium: 850 Calories: 611 Carbs: 96	23 Apricot Chicken 359 Mashed Potato 62 Broccoli 12 Oatmeal Bread 121 Cinnamon Apples 4 Total Sodium: 559 Calories: 461 Carbs: 65	24 Ham & Cheese Omelet 545 Roasted Potatoes 33 Mixed Vegetables 41 Wheat Bread 55 Mandarin Oranges 6 Total Sodium: 740 Calories: 477 Carbs: 59	25 Baked Salmon w/ Lemon Dill Sauce 178 Whipped Sweet Potato 33 Roman Blend 26 Dinner Roll 160 Peaches 5 Total Sodium: 402 Calories: 438 Carbs: 64
28 No Meals Served 	29 Spanish Chicken 419 Rice Pilaf 134 California Vegetables 27 WW Roll 160 Mixed Fruit 10 Yogurt Cup 50 Total Sodium: 800 Calories: 490 Carbs: 75	30 Baked Meatloaf 131 Cheesy Mash. Potato 90 Onion Gravy 110 Peas & Mushrooms 133 Oatmeal Bread 121 Red Velvet Cake 209 Diet: Low-Sugar Cake 210 Total Sodium: 793 Calories: 716 Carbs: 105	31 Beef Stroganoff 278 Egg Noodles 35 Spring Vegetables 57 Dinner Roll 160 Pears 4 Total Sodium: 534 Calories: 689 Carbs: 68	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium

"Catch of the Day" will vary based on availability : Menu is subject to change without notice

Your voluntary \$2 donation today, provides more meals tomorrow.

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MEMORY LOSS SUPPORT GROUP

Biweekly on Thursdays, 1:00 p.m.—2:00 p.m.

Benjamin D. Cushing Community Center
465 Mill Street, Marion.

This support group, led by Carol McAfee, LPN, CDP of Community Nurse Home Care, is appropriate for individuals caring for someone with memory loss. Pre-registration is required. Please contact Karen Gregory, 508-748-3570.

Spring/Summer Meeting Dates:

- ◆ May 10th
- ◆ May 24th
- ◆ June 7th
- ◆ June 21st

WATERFRONT MEMORY CAFE

Every Wednesday

11:30 a.m. Lunch

12:30 p.m.—2:00 p.m. Activities

Benjamin D. Cushing Community Center
465 Mill Street, Marion

Weekly programming for individuals with Alzheimer's or other memory loss; **with their care partner, family or friends**, in a safe, supportive and engaging environment.

The Marion Waterfront Café is sponsored by funding from The MA Association of Councils on Aging, MA Executive Office of Elder Affairs, Marion Police Brotherhood, Southcoast Community Grants Program and Friends of the Marion Visiting Nurse.

The Marion Council on Aging assures that no person shall, on the basis of race, color, national origin or income be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity receiving Federal financial assistance, as required by Title VI of the Civil Rights Act of 1964, as amended, and the Civil Rights Restoration Act of 1987 (P.L. 100.259), and federal Executive Order 12898 (Federal Actions to Address Environmental Justice in Minority Populations and Low Income Populations). Further the Marion Council on Aging will make every effort to ensure nondiscrimination in all of its programs and activities, whether they are federally funded or not, and that services and benefits are fairly distributed to all people.

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